

# Zips

Zero to age 21: Information  
Promoting Success for Nurses  
working with Kansas Kids

February 2004

Welcome to ZIPS: Zero to Age 21: Information Promoting Success for Nurses working with Kansas Kids. We hope this newsletter continues to be a useful resource for you, and encourage you to give us your comments, feedback, and suggestions. Also, note that previous months' issues of the ZIPS can be found at: <http://www.kdhe.state.ks.us/bcyf/c-f/zips/>

## Birth Defects Prevention

In the United States, about 150,000 babies are born each year with birth defects according to March of Dimes research. In 2002, 968 Kansas parents received the frightening news that their baby had a birth defect.

A birth defect is an abnormality of structure, function or metabolism (body chemistry) present at birth that results in physical or mental disability, or is fatal. Several thousand different birth defects have been identified. Birth defects are the leading cause of death in the first year of

life.

Each year in the United States, birth defects have been the leading cause of infant mortality for the past 20 years, accounting for one in five infant deaths.

Birth defects impose substantial costs on the family and society relating to medical health care costs, special education, mental health care, care giver time and impact on family structure. March of Dimes estimates for hospital stays by infants with cardiac or circulatory birth defects-- the most common type of birth defect-- hospital charges averaged \$80,000. Associated costs of physician care and other outpatient medical services are not included in this figure.

Some birth defects are preventable. There are steps that women can take to decrease their chance of having a baby with a birth defect. Every day, all women of childbearing age should take a multivitamin which contains 400 micrograms (400mcg or 0.4mg) of folic acid. Folic acid consumption reduces the risk of having a baby with spina bifida,

and possibly other birth defects including cleft lip or palate and heart defects. All women should be appropriately immunized. Exposure to rubella in the first trimester of pregnancy can cause serious heart, hearing and vision defects. Prevention effort campaigns to decrease high-risk behaviors such as smoking, drinking, poor nutrition, and late (or no) prenatal care offer hope for decreasing the number of families affected with birth defects. However, there is more work to be done to support these important prevention messages as well as treatment and care options, including early intervention services for children and families affected by birth defects.

For more information contact Jane Stueve, Birth Defects Registry ([jstueve@kdhe.state.ks.us](mailto:jstueve@kdhe.state.ks.us)) or Joseph Kotsch, Perinatal Consultant ([jkotsch@kdhe.state.ks.us](mailto:jkotsch@kdhe.state.ks.us)) or see March of Dimes website: <http://marchofdimes.com>



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Contents	Page
Zips	1
Perinatal: Conception-Birth	2
Child Health: Age 0-9	3-4
Adolescent Health: Age 10-21	5
Public Health	6-7
School Health	8-9
Resources and Funding	10

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## Breastfeeding Promotion and Management Speaker's Kit.

Since this speaker's kit seems to be no longer available for order in the foreseeable future, The National Women's Health Information Center has suggested that interested individuals in the area of breastfeeding support and management continue to check the NWHIC breastfeeding page at: <http://www.4woman.gov/Breastfeeding/index.htm> and their newsletter at: <http://www.4woman.gov/newsletter/index.htm> where they will post announcements if the speaker's kit becomes available anytime soon. These are also good sites to browse through for lots of other info that is available on women's health such as: cancers, diabetes, eating disorders, healthy bones, healthy pregnancy, heart disease, HIV/AIDS, menopause, information for health care providers... and many more.

## "Texas loses dispute over Medicaid":

"The U.S. Supreme Court's decision [was] to make Texas abide by the terms of a 1996 consent decree in which the state agreed to provide Medicaid children with more preventive and dental health care services." This unanimous decision was written by Justice Anthony Kennedy, "Once entered, a consent decree must be enforced." In turn, this overturned the argument by Texas that the Eleventh Amendment "rendered the consent decree unenforceable". For the complete article access: <http://www.dallasnews.com/sharedcontent/dallas/politics/state/stories/011504dntexconsent.9a51c.html> or if you wish to see the Supreme Court opinion, visit: <http://www.supremecourt.us/opinions/03pdf/02-628.pdf>. Primarily, this article summarizes one of the major issues facing states these days, namely, the provision of both preventive and dental care to the Medicaid population. For more of what's going on in Kansas' Oral Health Program go to: <http://www.kdhe.state.ks.us/ohi/index.html>

**Risk Factors for Infant Mortality:** The March of Dimes Prematurity Campaign is underway and this is a good time to

talk about topics related to their theme. One such topic is that of risk factors for infant mortality; which includes factors such as low birth weight, smoking during pregnancy, inadequate prenatal care, lack of breastfeeding, sleep position of infants, and adolescent mothers.

The risk factor most closely associated with infant mortality is low birth weight; defined as infants who are born weighing 5.5 pounds or less. Very low birth weight babies with weight less than 3.3 pounds comprise up to half of infant deaths. 6% of singleton births are low birth weight. And, the low birth weight rate among African Americans is twice that of whites.

A second area of concern is smoking during pregnancy and its link to Sudden Infant Death Syndrome (SIDS). U.S. data indicate that 12% of mothers smoke during pregnancy. Comparatively, in Kansas, the rate of mothers who smoke during pregnancy is 13%. Numbers that we will continually strive to decrease.

Next, is the inadequate prenatal care factor as related to infant mortality. Early, consistent and high quality prenatal care more than any other factor positively influences the health of infants. In Kansas, 86% of white mothers seek early prenatal care, but only 76% of African American and 64.5% of Hispanic mothers do so. Breastfeeding for at least the first six months of life greatly reduces the chances of infant mortality, according to researchers at Brigham Young University. Further, an August, 2001 article published in *Pediatrics* says a lack of breastfeeding among African American mothers accounts for the racial gap in infant mortality as much as low birth weight. About 30% of African American mothers breastfeed their infants, compared to 65% of white mothers. Of particular note, those most likely to breastfeed are mothers who are educated, insured and with an economic and emotional support system.

Another factor to consider is the sleep position of the infant. Research in this area suggests that infants placed on their backs to sleep face less risk of Sudden Infant Death Syndrome (SIDS). As noted, in the 1990's over 5,000 infants died from SIDS or "crib death". However, as a result of this research and its subsequent dissemination among health care providers

to the general population, this number has been nearly cut in half.

Finally, babies that are born to adolescent mothers face a greater risk of being low birth weight and of dying within their first year. Among this population, the primary concerns are lack of or too little prenatal care due to poverty and risky behaviors during pregnancy such as smoking tobacco and drinking alcohol due to immaturity. For more information on strategies to prevent prematurity and the prematurity campaign go to: <http://marchofdimes.com>

## New Guide to Help African American Families to Cope With Crisis:

The National Institute of Child Health and Human Development and the National Black Child Development Institute have published a book dealing with the timely topic of how African American families can appropriately help their children cope with crisis. The title of their booklet is: Activity Book for African American Families: Helping Children Cope with Crisis. The book is available at: [http://www.nichd.nih.gov/publications/pubs/hccc/helping\\_children.htm](http://www.nichd.nih.gov/publications/pubs/hccc/helping_children.htm)

## Continuing Education Credits

**Available Through the CDC:** CDC offers twelve immunization self-study courses on its website; CE's are available for most of them. Also, CE's are available for reading many of the ACIP statements. What a wonderful way to kill two birds with one stone! You can get your CE's and keep up-to-date on immunization info. In order to access their website for the CE offerings go to: [http://www.cdc.gov/nip/ed/\\_video\\_selfstudy.htm](http://www.cdc.gov/nip/ed/_video_selfstudy.htm) This link will take you to the self-study CE's website. Go to: [http://www.cdc.gov/mmwr/mmwr\\_rr.html](http://www.cdc.gov/mmwr/mmwr_rr.html) This link will take you to the website to get CE's for reading the ACIP statements and taking their tests afterward.





To help make daily physical activity the foundation of a child's long and healthy life, the National Association for Sport and Physical Education (NASPE) has developed a new parents brochure called **Kids in Action** with the Kellogg Company and the President's Council on Physical Fitness and Sports. The booklet presents parents and caregivers with simple ideas for physical activities that they can do with children from birth to age five to adopt an active lifestyle early, and positively impact their physical, intellectual and emotional development. To download a PDF file of the booklet, visit [www.naspeinfo.org](http://www.naspeinfo.org).

CDC Reports Flu-Related Deaths in Children: The Centers for Disease Control and Prevention (CDC) reported 93 influenza-related deaths in children in the three months beginning October 11, 2003, and ending January 6, 2004. [http://www.healthinschools.org/2004/jan12\\_alert.asp](http://www.healthinschools.org/2004/jan12_alert.asp)



If you're looking for motivators or rewards to help position physical activities as something fun for children to do regularly, the **VERB** Campaign now has stickers, temporary tattoos, and posters available for ordering at no cost (while supplies last). In addition, available for downloading are a student planner and some teacher and student materials for the classroom. To place an order for free materials visit [http://www.cdc.gov/youthcampaign/materials/order\\_form/order.htm](http://www.cdc.gov/youthcampaign/materials/order_form/order.htm). To view other materials that can be downloaded from the site for use with tweens and adults, make selections from the drop-down menu at the left.

To keep **VERB** appealing, special, and "super-cool" for tweens and ensure that **VERB** is always about being physically active and having fun, CDC has created a one-page tip sheet for influencers. Remember these tips when using the **VERB** materials to engage tweens in physical activity. The tip sheet is available online at <http://www.cdc.gov/>

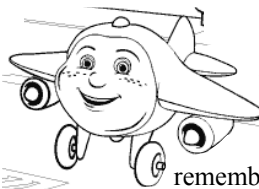
[youthcampaign/materials/PDF/CoolnessTipSheet.pdf](http://youthcampaign/materials/PDF/CoolnessTipSheet.pdf)



**Fitness Guideline Doubled for Kids:** Five years after a groundbreaking study warning of a growing childhood obesity trend, the group that said kids should get 30 minutes of daily physical activity has now doubled its recommendation. The National Association for Sports and Physical Education issued new children's fitness guidelines which include boosting children's daily physical activity to one hour. The recommendation doubles the group's original 30-minute guideline, which health advocates say has proven ineffective in the battle against the bulge among youngsters 5 to 12. To read more see the following link: [http://www.aahperd.org/naspe/template.cfm?template=pr\\_123103.html](http://www.aahperd.org/naspe/template.cfm?template=pr_123103.html)

## **Flu in Children calls attention to Reyes Syndrome**

Children with flu or chickenpox should not be given aspirin: a reminder for parents and health care providers in the current flu season. To view the article go to: <http://www.healthinschools.org/ejournal/2004/jan1.htm>



**Health & Fitness** – When Jay Jay and his pals are on a camping trip, Jay Jay remembers that he always starts his day with "wing winglin" exercise. However, now he's embarrassed at this habit because he thinks he looks silly, and tries to hide what he's doing. But they all end up learning that doing things to stay healthy is nothing to be ashamed of. See this information and other activities and video clips by going to: <http://pbskids.org/jayjay/care.curr.af.111.html>



**Kan Be Healthy** Quarterly Newsletter, and the newest **Kan Be Healthy Billing Bulletin**, can be found at the 'KAN Be Healthy' link within the

**KMAP 'Welcome Page'** site: <https://www.kmap-state-ks.us/>. Once KAN Be Healthy is selected you will find available KAN Be Healthy education materials. Scroll down and you will find all of the quarterly newsletters. The last newsletter available is October 2003. The January, 2004 edition will be available soon!

When visiting the site review and print the KAN Be Healthy Billing Bulletin as well. The bulletin provides answers to common KAN Be Healthy billing questions as well as reimbursement rates.

## **Epidemiology and Prevention of Vaccine-Preventable Diseases, 8<sup>th</sup> Edition**



**"The Pink Book"** – the Center for Disease Control and Prevention is pleased to announce that this publication will be available in February, 2004. The Pink Book provides health departments, physicians, nurse practitioners, physician assistants, nurses, pharmacists, and other health care professionals with a) Comprehensive information on vaccine-preventable diseases, b) General recommendations on immunizations, c) Immunization strategies for health care practices and providers, d) Strategies to increase vaccination, and e) Up-to-date vaccine recommendations. Order online at: <http://www.phf.org>, or call 1-877-252-1200.



**Safe and Sound** – is a complimentary magazine, written, produced and published three times a year through the Community Relations department of Children's Mercy Hospitals and Clinics. To add your name to the mailing list call: (816)346-1370 or visit: <http://www.childrens-mercy.org>

## **New Year's Tasty Tips to Add the Dairy to Your Diet: Milk Matters**

- Grab 'n-go containers of milk are great for drinking in the car on your way to your destination.
- Blend together 8 ounces of lowfat milk, banana slices, ice and some vanilla, for a low-fat treat.

(Continued on page 4)



# **ZIPs: Child Health**

(Continued  
from page 3)



- A refreshing smoothie made with yogurt, crushed ice and strawberries is an easy way to get a delicious serving of dairy and can be part of a fast breakfast before heading out the door.
- Nibble on carrots and celery sticks dipped in one cup of yogurt mixed with taco seasoning to taste.
- For a quick breakfast that will keep you going, melt a slice of reduced-fat Swiss over lean ham and an English muffin.
- For a healthy snack try a few Cheddar cheese cubes and an apple or a slice of lean turkey wrapped around string cheese.

For more ideas and information about nutrition and health visit: <http://www.midwestdairy.com>



## **KidSafety of America**

specializes in the production and distribution of child health and family education media. Such media includes videos, posters, books, coloring books, stickers, etc. Most of their products are designed to educate young families and their children. Their programs are primarily marketed to agencies with a responsibility towards childcare, family health, safety and education. Such agencies include schools, libraries, hospitals, health departments, and community programs. Subject areas covered include parenting, child safety, child abuse, teen pregnancy, self esteem and other topics. To browse their website and to obtain more information visit: <http://www.kidsafetystore.com>



**ACT for Kids 2003**

**Resource Catalog** – can be accessed at: <http://www.actforkids.org>. What's new for them in 2003?

- A new workbook that can be used as a full program for children who've witnessed domestic violence written by ACT for Kids director Debbie DuPey.

- A book to help teens better understand gender issues.
- A healing book for teenagers who've experienced any form of abuse.
- A game for adult survivors of child sexual abuse.
- An expressive game to help kids cope after family trauma and loss.
- A great card set for exploring feelings in a therapeutic or classroom setting.



The American Academy of Pediatrics has written the

**"Pediatrics' List of Resolutions for Kids"** and this can be seen at: [www.intelihealth.com/IH/ihlIH/EMIHC251/333/21344/373780?](http://www.intelihealth.com/IH/ihlIH/EMIHC251/333/21344/373780?d=dmtICNNews)



For some great information, and free downloadable info for health education in children go to: **Mighty MED** enterprises at: <http://www.mightymed.com/>



## **Take Action: Start a new family tradition--focus on health.**

Be a good role model and support your family in healthy activities, such as eating right and exercising, getting regular exams, quitting smoking, drinking only moderately, and staying off drugs. Stay connected and keep the communication lines open. Supporting your family will keep them healthy and close. For more information: Visit <http://www.4woman.gov> and enter the keyword "Family."



## **Using and Interpreting the CDC**

**Pediatric Growth Charts:** This 3 module series provides information about how the latest charts were developed, use of BMI in the pediatric population, and recommendations for screening, assessing and managing overweight. This series provides free nursing continuing education contact hours. <http://www.medscape.com/viewprogram/2560>

For those who are working with Asian children, here is a Web site for growth charts for the Asian child: <http://www.fwcc.org/growthchart.html>

What's done to children, they will do to society.

- Carl Menninger

## **New Edition! Pediatric Environmental Health -- 2<sup>nd</sup> Edition**

Topics include:

- Preventing asthma attacks by reducing environmental exposures.
- Precautions using DEET and other pesticides.
- Reducing exposure to mercury, arsenic, and lead
- How to eliminate tobacco use
- Safe school environments
- And more!

To order: Phone – 888-227-1770

Internet - <http://www.aap.org/bst/index.cfm?DID=15>

## **Support the Future of Kids**



**Across America**

**by Mentoring!** All kids need a mentor, someone to show them the way in their personal lives, school, or work; even when they get older. Unfortunately, not all kids today have that special someone to be a role model in their lives, a mentor to help and guide them through life's ups and downs. Please give a little of your time to make a child's life better forever. Visit: <http://www.mentoring.org> and see how you can help!!!

## **Children's Defense Fund** The Children's Defense

Fund has released **"The Children's Mental Health Resource Kit:**

Promoting Children's Mental Health Screens and Assessments": <http://www.childrensdefense.org/mentalhealthresourcekit.php> For additional copies, e-mail [cdhealth@childrensdefense.org](mailto:cdhealth@childrensdefense.org) or call (202) 662-3575.



## **Journal Watch Pediatrics and**

**Adolescent Medicine** keeps you up to date on the most important research appearing in the general medical literature. The physicians on the Editorial Board review the top general and specialty medical journals, summarize the most important studies, and provide expert commentary to put the research into perspective for practicing clinicians. Visit: <http://pediatrics.jwatch.org/cgi/content/full/2004/105/1?q=etoc>



# Zips: Adolescent Health

Children are the sum of what parents contribute to their lives.

- Richard L. Strauss



## Monograph Summarizes State Minor Consent Laws:

A monograph summarizing state laws that allow minors to give their own consent for health care provides citations for two types of state laws—those that allow "emancipated" minors to give consent and those that allow minors to consent to certain types of health services such as diagnosis and treatment of sexually transmitted diseases. [http://www.healthinschools.org/2004/jan16\\_alert.asp](http://www.healthinschools.org/2004/jan16_alert.asp)



## Tackling the Booze Barons: The Action Coalition for

Media Education (ACME), a national organization in New Mexico that is dedicated to media literacy, is going to turn the Super Bowl into an opportunity to teach kids about deceptive alcohol ads with FREE online lessons and resources. They are providing a fun and enlightening learning opportunity for millions of American school kids. ACME is offering a free lesson plan to help middle school students analyze the game's ever-present alcohol promotions which are frequently targeted directly at them.

Any interested teacher or parent can download ACME's "Media Literacy Monday" lesson plan at [www.acmecoalition.org](http://www.acmecoalition.org). In addition to a step-by-step guide for teachers, the project includes two student activities: a national online poll tracking the kids' reactions to the ads, and a log which tracks all of the alcohol promotions they see during one hour of the game.

To download the lesson plan and student handouts go to [www.acmecoalition.org](http://www.acmecoalition.org) and click on the links under Media Literacy Monday. For more information, please contact Rob Williams at 802-279-3364 or [robw@acmecoalition.org](mailto:robw@acmecoalition.org). CDC also has some media literacy materials addressing tobacco and alcohol. See <http://www.cdc.gov/tobacco/mediashrp.htm>



## U.S. Teen Obesity Rate is Highest in 15-Nation Study:

Teenagers in the United States have the highest rates of obesity among 15 industrialized countries, including France and Germany, in a study of nearly 30,000 youngsters ages 13 and 15. Among American 15-year-olds, 15 percent of girls and nearly 14 percent of boys were obese, and 31 percent of girls and 28 percent of boys were more modestly overweight. The findings are based on student questionnaires in the 15 countries in 1997 and 1998. The study was led by Inge Lissau, a researcher at the National Institute of Public Health in Copenhagen, Denmark, and was published in the January issue of Archives of Pediatrics & Adolescent Medicine. To read more see the following link: <http://www.stltoday.com/stltoday/news/stories.nsf/News/Nation/BF9D3456A45707C586256E130016D8AE?OpenDocument&Headline=U.S.+teen+obesity+rate+is+highest+in+15-nation+study>



## New from the Child Trends DataBank:

Daily cigarette smoking fell by one-half for both eighth and tenth graders between 1996 and 2003. To view this indicator and updates on marijuana use, binge drinking, teen births, percentage of births to unmarried women, mothers who smoke when pregnant, and low and very low birthweight infants, visit our Web site at <http://childtrendsdatabank.org>.



**Tobacco vs. Kids**  
Where America draws the line.®

## The Campaign for Tobacco-Free Kids

(<http://www.tobaccofreekids.org/>) and the Consumer Healthcare division of GlaxoSmithKline have announced the "C.H.

A.M.P.S.S. Help Parents Quit Smoking" Contest, which will reward young people for their ideas on ways to help a parent or adult loved one quit smoking. The

contest, which is part of a national campaign called C.H.A.M.P.S.S., or Children Helping And Motivating Parents to Stop Smoking, invites youth ages 13-18 to log on to the program's Web site and explain what they did or plan to do to help their parent, or another adult smoker in their lives, to quit smoking. Three contest finalists will receive \$1,500 cash scholarships, and from those finalists one grand-prize winner will be selected to receive a \$5,000 cash scholarship and a trip for two to Washington, D.C., where he or she will be recognized at the Campaign for Tobacco-Free Kids 2004 Youth Advocates of the Year Award Ceremonies. For complete program information, see the C.H.A.M.P.S.S. Web site. RFP Link: <http://www.champss.org/> For additional RFPs in Substance Abuse, visit: [http://fdncenter.org/pnd/rfp/cat\\_sub\\_abusel.jhtml](http://fdncenter.org/pnd/rfp/cat_sub_abusel.jhtml)

[www.girlsinc.org](http://www.girlsinc.org)

## Girls Incorporated

develops and disseminates fact sheets on a variety of issues facing girls. Periodic updates of several of these fact sheets are funded by our cooperative agreements with CDC-DASH, including Girls and Violence, Girls and Sexual Activity, Girls and Sexual Health, Girls and Substance Abuse, and Girls and HIV, AIDS, and other STDs. Visit <http://www.girlsinc.org/ic/page.php?id=3.1> to view and download copies of these and other fact sheets.



The National Campaign to Prevent Teen Pregnancy released a new report on sexual trends among low-income Black

youth. This thought-provoking report summarizes findings from 40 focus groups in 10 cities in which low-income Black youth (aged 16-20) share their candid views and attitudes about sex, relationships, pregnancy, abstinence and marriage. More information on or downloading the summary or full report can be found at [http://www.teenpregnancy.org/resources/reading/This\\_Is\\_My\\_Reality/default.asp](http://www.teenpregnancy.org/resources/reading/This_Is_My_Reality/default.asp)

## **In Their Own Right:**

**Addressing the Sexual And Reproductive Health Needs of American Men;** an in-depth examination of men's sexual and reproductive health brings together national research findings to document the sexual and reproductive needs of men in their own right--as individuals and not simply as women's partners, is available for download from the Alan Guttmacher Institute's web site: <http://www.guttmacher.org/pubs/itor.html>.



## **Surgeon General to Release New Report on Smoking:** Marking the 40th anniversary of a U.S.

Surgeon General report that was the first to point out the health consequences of smoking, including lung cancer, Surgeon General Richard Carmona and Health and Human Services Secretary Tommy Thompson recently announced that a new report to be released later this year will include approaches for helping people avoid tobacco use. [http://www.healthinschools.org/2004/jan14\\_alert.asp](http://www.healthinschools.org/2004/jan14_alert.asp)

## **"MASS VACCINATION CLINICS" SATELLITE BROADCAST SCHEDULED FOR MARCH 18.**

From 9 am to 10:30 am PT on March 18, the California Department of Health Services, Immunization Branch, will present the free satellite broadcast "Mass Vaccination Clinics: A Reality Check."

Produced by California Distance Learning Health Network (CDLHN), the broadcast is intended for health officers/directors, bioterrorism coordinators, distance learning facilitators, public health nurses, immunization coordinators, doctors, medical assistants, medical assistant students, nurses, nursing students, residents, biotechnology/pharmaceutical companies, community services, social services, nonprofits, military personnel, and others interested in public health.

For further information and to register, go to: <http://cdlhn.com/mvc>. info. You can also call (619) 594-3348

or email [info@cdlhn.com](mailto:info@cdlhn.com)

**Tobacco control** is one of the most important health issues in Kansas. Join in the **American Lung Association of Kansas Advocacy Network** e-activism campaign. If you go to the URL below you can check out what is at stake and send your own message directly to the relevant decision makers. [http://lungaction.org/campaign/SOTC2003\\_KS?rk=K1aqMA11OBq2W](http://lungaction.org/campaign/SOTC2003_KS?rk=K1aqMA11OBq2W)



**Mapping Health Care for America's Children** – For some great color maps and accessibility to database information regarding health care and Kansas children go to: <http://www.aap.org/mapping/>



**Take folic acid every day:** It's a fact: All women need folic acid every day in addition to a healthy diet, even if they are not planning a pregnancy any time soon. Folic acid not only helps reduce the risk of birth defects like spina bifida, but it also helps to fight heart disease and certain cancers.

Take Action: Getting the folic acid you need is easier than you think! A good first step is taking a multivitamin with folic acid. In addition to taking a multivitamin, add foods like leafy green vegetables, breakfast cereals with added folic acid, or orange juice to your diet and you'll have the folic acid you need in no time.

For More Information: Visit <http://www.4woman.gov> and enter the keyword "Folic Acid."



## **Latest Data on Health Coverage:**

With policy discussion about covering America's uninsured continuing, the Kaiser Commission on Medicaid and the Uninsured has released its latest analysis of federal government data. Visit: <http://www.kff.org/uninsured/kcmu121903pkg>.



**Run to the KIDS COUNT** Web site for easy to use Census Data on kids and families: <http://www.aecf.org/kidscount/census/>

## **"The Inside Story: A Guide to Indoor Air Quality"**

is a 42 page document that can be used to assist in providing education and information to families about improving the air quality in their homes. To view the entire document visit: [http://www.epa.gov/iaq/pubs/images/the\\_inside\\_story.pdf](http://www.epa.gov/iaq/pubs/images/the_inside_story.pdf)



The new **Guidelines**

**for Infection Control in Dental Health-Care Settings**, 2003, were developed for dental health care personnel. The 2003 Guidelines update and revise previous guidelines and consolidate recommendations from other relevant CDC guidelines as well as those of other major infection control organizations. Developed by CDC staff in collaboration with a working group of infection control experts, the document contains a review of the scientific evidence regarding dental infection control issues as well as consensus, evidence-based recommendations. The Guidelines are available online at: <http://www.cdc.gov/OralHealth/infectioncontrol/guidelines/index.htm>

## **The Substance Abuse and Mental Health Administration's (SAMHSA) Center for Mental Health Services**



(CMHS), through its Child, Adolescent and Family Programs, promotes effective ways to organize, coordinate, and deliver mental health services and supports for children, adolescents, and their families. This CMHS initiative is the SAMHSA National Mental Health Information Center's Program Spotlight for January 2004. Readers can find a full description of the programs and their efforts to meet the mental health needs of children and their families through community-based "systems of care" at <http://www.mentalhealth.samhsa.gov/cmhs/ChildrensCampaign/about.asp>.

(Continued on page 7)



For those interested, CDC has available a **free Public Health Law** electronic newsletter: <http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5251a6.htm>

For a free **2004 Daybook planner "Women's Steps to a HealthierUS"**, call 4Woman Gov at 800-994-9662.



## **Career Advice: Finding Peace**

**in the Office** describes different personality types and advises you in how to get along with your coworkers. To view this article go to: [http://msn.careerbuilder.com/Custom/MSN/CareerAdvice/WPI\\_FindingPeaceInTheOffice-HandlingDifficultCoworkers.htm?siteid=CBMSN4016&sc\\_ex=&cbRecursionCnt=1&cbsid=02b4da62c85a4278993f770960d3795d-126795487-tj-1](http://msn.careerbuilder.com/Custom/MSN/CareerAdvice/WPI_FindingPeaceInTheOffice-HandlingDifficultCoworkers.htm?siteid=CBMSN4016&sc_ex=&cbRecursionCnt=1&cbsid=02b4da62c85a4278993f770960d3795d-126795487-tj-1)



From the EHP homepage: **"Environmental Health Perspectives [EHP]** is now an open access journal - all content is freely available to everyone online immediately after publication. We believe that the open exchange of scientific information will lead to the greatest progress for global health. That's why we have also opened up over 30 years of peer-reviewed research to anyone who wants it." Homepage URL is: <http://ehp.niehs.nih.gov/>



The **Association of Maternal and Child Health Programs** will be holding its annual conference from February 28 to March 3 in Washington, D.C.

The topic of this year's meeting is *Mental Health -- Promoting a New Paradigm for MCH Public Health Practice*. Sessions will examine mental health across the lifespan, from the emotional development of infants to women's mental health and wellness to youth suicide. Participants will also learn about emerging trends and best practices in a broad range of family health issues. The

AMCHP conference will bring together leaders in maternal and child health, public health practitioners, and family advocates. Visit <http://www.amchp.org> to get more information, complete an online registration form, and book a hotel reservation!



## **The National Healthcare Quality Report and the**

**National Healthcare Disparities Report** provide baseline assessments of the quality of the nation's health care and of differences in access to health care services. The reports are available on a new Web site: <http://www.qualitytools.ahrq.gov>. More information is available from the MCH Library's knowledge path, Racial and Ethnic Disparities in Health, at [http://www.mchlibrary.info/KnowledgePaths/kp\\_race.html](http://www.mchlibrary.info/KnowledgePaths/kp_race.html)



## **The Immunization Action**

**Coalition**, a 501(c)3 nonprofit organization, works to increase immunization rates and prevent disease by creating and distributing educational materials for health professionals and the public that enhance the delivery of safe and effective immunization services. The Coalition also facilitates communication about the safety, efficacy, and use of vaccines within the broad immunization community of patients, parents, health care organizations, and government health agencies. IAC publishes three newsletters--**NEEDLE TIPS**, **VACCINATE ADULTS!**, and **VACCINATE WOMEN** with a combined circulation of more than 300,000. **NEEDLE TIPS**, a 24-page publication full of information about immunization across the age span, is mailed to approximately 150,000 health professionals twice each year.

**VACCINATE ADULTS!**, a 12-page publication that promotes adult immunization recommendations, is sent to 150,000 adult medicine specialists twice each year. The newest IAC publication is **VACCINATE WOMEN**, the inaugural issue of which was published in January 2002 and mailed to 35,000 OB/GYNs and OB/GYN physicians-in-training. For more information, visit the IAC's website at

<http://www.immunize.org>.



**"WHO Fears Avian Virus May Mutate"** Los Angeles Times ([www.latimes.com](http://www.latimes.com)) (01/26/04) P. A4; Maugh, Thomas H. The World

Health Organization (WHO) says that the spread of the avian influenza to Indonesia, the seventh country in which the flu has been confirmed, marks the widest the flu has ever spread. Furthermore, the agency said that the flu has mutated enough to become resistant to amantadine and rimantadine, two of the most common and cheapest antiviral products, and is not stopped by a vaccine the WHO had hoped would be effective. The vaccine was developed from the Hong Kong strain of avian flu that rose up in 2003, but this strain is significantly different, so no vaccine will be available for at least six months. The WHO's major concern is that as the flu spreads, it could merge with a more traditional human flu strain to create a much more infectious flu that could spread between humans.



## **A New Urban Institute study, Many Families Turn to Food**

**Pantries for Help**, finds that more than four million low-income families -- many of them working low-income families -- turned to a food pantry in 2002. For more info: <http://www.urban.org/template.cfm?Template=/TaggedContent/ViewPublication.cfm&PublicationID=8655&NavMenuID=95>



About United American Nurses: UAN is the union for nurses, by nurses, representing 100,000 RNs nationwide—and a full-fledged affiliate of both the American Nurses Association and the AFL-CIO. UAN staff nurses set the standard for RNs in organizing, collective bargaining and contracts. To see comparisons between National figures and the figures for Kansas on such things as average nurse's salary, unionization, and supply and demand; please visit <http://www.uannurse.org/KS.htm>

# **ZIPs: School Health**

If there is anything we wish to change in the child, we should first examine it and see whether it is not something that could better be changed in ourselves. - Carl Jung

## **National Poison**

**Prevention Week** is March 21-27, 2004. The Mid America Poison Control Center would like to encourage your school to help promote poison prevention education by participating in a Poison Prevention Contest. The contest this year will be open to K-4th grade. Let's show the Mid American Poison Control that Kansas school nurses are always looking for ways to educate and promote safety and accidental injury by getting your school involved in this contest!!! For more information, contact Carrie Evans at 913-588-0152 or [cevens@kumc.edu](mailto:cevens@kumc.edu). You can also visit <http://www.poisonprevention.org/main.html>.



**Be A Germ Stopper!** As you know, influenza has taken a toll on the health of our nation during the past few months. Few places is this

more apparent than in our country's 119,000 schools that are reporting record rates of absenteeism due to the flu among students and staff. Influenza is not the only respiratory infection of concern in schools - nearly 22 million school days are lost each year to the common cold alone. With 20 percent of the U.S. population either working at or attending school, the costs of the flu, the common cold, and other respiratory illnesses are great in terms of lost work and school days.

The Centers for Disease Control and Prevention (CDC), working with the U.S. Department of Education, has prepared materials for educators to help reduce the impact of these diseases in schools. For example, the poster, "Be A Germ Stopper," can be used in cafeterias, classrooms, and bathrooms. This poster and other helpful school resources are available on our website at [www.cdc.gov/germstopper](http://www.cdc.gov/germstopper).

**Poison Prevention Week**



Agency, a part of the Department of Homeland Security) has released **Primer to Design Safe School Projects in Case of Terrorist Attacks (FEMA 428)**. The purpose of this primer is to provide school building designers and school administrators with the basic principles and techniques they need to make a school that is safe from terrorist attacks.

The primer includes information on how to conduct a threat/risk assessment, prepare site layout and building design, and create school safety plans. It also describes safe rooms within schools that will resist chemical, biological, radiological, and blast threats. PDF version: <http://www.fema.gov/pdf/fima/fema428.pdf> (8.2 MB) Text version: <http://www.fema.gov/txt/fima/fema428.txt> (508 KB)



## **AAP Says Soft Drinks in Schools Should Be Restricted:**

In a new policy statement, "Soft Drinks in Schools," (<http://www.aap.org/policy/s010119.html>) the American Academy of Pediatrics (AAP) recommends that school districts should consider restricting the sale of soft drinks to safeguard against health problems that result from over-consumption. The policy points out that sweetened drinks constitute the primary source of added sugar in the daily diet of children, and that each 12-ounce serving of a carbonated, sweetened soft drink contains the equivalent of 10 teaspoons of sugar. Sugared soft drink consumption has been associated with increased risk of overweight and obesity, currently the most common medical condition of childhood. Additional health problems associated with high intake of sweetened drinks are dental cavities and potential enamel erosion. To read more see the following link: <http://www.aap.org/advocacy/releases/jansoftdrinks.htm>



**American Association of Colleges of Nursing**

## **Pediatric Palliative Care Course** Are you currently aware

of a terminally ill child that is associated with your school? You want to talk with

FEMA (The Federal Emergency Management

the family, but you don't know how? Have you had a student who lost a parent and you didn't know what to say or do? August 12-14, 2004, pediatric nurses from around the country will meet in Pasadena, CA to learn more about pediatric palliative care. This program is taken from the core curriculum of End-Of-Life Nursing Education Consortium (ELNEC) and has been adapted to nurses who work with terminally ill children and their families. This course is made possible due to a generous grant from the Robert Wood Johnson Foundation. For more information on this course, please contact Pam Malloy at [pmalloy@aacn.nche.edu](mailto:pmalloy@aacn.nche.edu) or 202-463-6930, Ext. 238. For more information about End-Of-Life Nursing Education Consortium (ELNEC), check-out their Web site at <http://www.aacn.nche.edu/ELNEC>



The American College of Chest

Physicians has a resource "**Educational Guide on Lung Health for Elementary School Students**" available on their website: <http://www.chestnet.org/> Click on physician resources, speaker's kit and then you will see the document. It is available in English & Spanish. You may also request a hard copy by contacting Lynne Crabtree at American Lung Association of Kansas at 1-800-586-4872 ext 101 or [lcrabtree@kslung.org](mailto:lcrabtree@kslung.org).



**American Lung Association of Kansas (ALA/K)** can also give school nurses information about "Open Airways for Schools" (OAS), an asthma education program for elementary students. The OAS kit is free to schools. ALA/K will give free peak flow meters and spacers to schools that implement the OAS program. Contact Lynne for details.



The Center for Health and Health Care in Schools (CHHCS) has developed a **Flu Season and Schools webpage** for professionals and consumers alike to learn more about the flu and what

(Continued on page 9)



(Continued from page 8)

schools can do. Feel free to e-mail the link to friends and colleagues or post a link on your site: <http://www.healthinschools.org/sh/influenza.asp>



AAP has issued an excellent analysis of **School Emergency Preparedness**.

To see this document view: <http://pediatrics.aappublications.org/cgi/reprint/113/1/155>

**Need a Titmus Machine for your vision screenings?** The Meade Co. Health Department has a Titmus II vision screening machine that they are wanting to sell, and will make you a great deal!!! Please contact Michele Correll at 620-873-8745 or e-mail her at [meadecohealth@hotmail.com](mailto:meadecohealth@hotmail.com).



To view an article titled "**School Nurses**

**Face Rising Demands**" visit: <http://www.cnn.com/2004/EDUCATION/01/02/school.nursing.ap/index.html>



**USDA Says Meat in School Meals Is Safe:** In an effort to reassure schools and parents

concerned about the possibility of mad cow disease, the U.S. Department of Agriculture is pointing out that USDA has for years required that no meat from "downers"--sick cows that cannot stand or walk on their own--be provided to the school lunch program. To view this article go to: [http://www.healthinschools.org/2004/jan05\\_alert.asp](http://www.healthinschools.org/2004/jan05_alert.asp)



**KSNO Winter**

**Meeting**—Friday February 20 and Saturday February 21st – **This is**

**open to ALL KSNO Members!!** On Friday

evening at 5:45 pm meet at the Uptown Theater located at 3207 E. Douglas in Wichita to see the comedy production "Seven Brides for Seven Brothers". This should end around 10:00

pm. The cost of this wonderful experience will be based on the total number of people attending but will be around \$31.74 per person, which includes tax and tip, so email Shari Walker at [shwalke@kckps.org](mailto:shwalke@kckps.org) ASAP for your reservation and your actual price quote.

There has also been a block of rooms reserved at the Ramada Inn Hotel, in Wichita, located at 7335 E. Kellogg for \$67.38. A full Hot Breakfast is included in this price. Please call for your room reservations at 316-685-1281 or 800-310-8533.

The KSNO meeting on Saturday will begin with a Work Session from 9A-Noon, followed by lunch (the hotel restaurant will serve a soup, salad and sandwich bar buffet for \$6.99 per person) so please email Shari Walker at [shwalke@kckps.org](mailto:shwalke@kckps.org) so she can get a head count. The KSNO Board Meeting will begin at 1:30 pm at the hotel. If you have any other questions, please e-mail Shari Walker.



**Diabetes** is one of the most common chronic diseases in school-aged children, affecting about 151,000 young people.

Each year, more than 13,000 youths are diagnosed with type 1 or juvenile diabetes. Along with the epidemic of overweight and obesity, more and more children and teens are being diagnosed with type 2 diabetes – even though the disease is usually diagnosed in adults over age 40. The National Diabetes Education Program (NDEP), jointly sponsored by the U.S. Dept of health and Human Services' National Institutes of Health and Centers for Disease Control and Prevention, established a Diabetes in School Initiative. The purpose of the initiative is to educate school personnel about the benefits of optimal diabetes management and to help ensure a supportive environment and equal access to educational opportunities for students with diabetes. Working with the National Association of School Nurses and experts from the diabetes, pediatric medicine, and education communities, the NDEP has produced **Helping the Student with Diabetes Succeed: A Guide for School Personnel**. To receive your free copy visit: <http://www.ndep.nih.gov> or call: 800-438-5383.



**The Center for Mental Health in Schools** has released a report entitled *Mental Health of Children and Youth: The Important*

*Role of Primary Care Health Professionals*, which can be viewed by visiting <http://smhp.psych.ucla.edu/db/simple2.asp?primary=1102&number=9902>

Per Kimberly Pierson, Immunization Nurse Consultant, KDHE: In the **auditing of immunization records** for immunization intervals, we have found that shots are being given too early. The MMWR published a national 4 day grace period in order to immunize the children who present for immunization but falls short of their next scheduled interval. Therefore, if a child was immunized within the 4 days of the interval, it is a valid dose. The prior 10 day grace period is no longer in effect for record auditing purposes, the 4 day grace period as recommended in the MMWR will now be used for auditing purposes. Any questions contact Kimberly Pierson at [kpierson@kdhe.state.ks.us](mailto:kpierson@kdhe.state.ks.us) or 785-296-8747.



AHA has released a **Medical Emergency Response Plan for Schools**. It is an important public

health endeavor made possible through multiple partnerships within AHA and externally to help schools with life-threatening medical emergencies, including cardiac arrest. See: <http://www.americanheart.org/presenter.jhtml?identifier=3017969>.



**Preventing the Spread of Influenza (Flu) in Schools:** Interim Guidance for

Administrators, Teachers and Staff is a downloadable CDC document. To view and print out: <http://www.cdc.gov/flu/school/schoolguidance.htm>



# ZipS: Resources and Funding

Encouragement after censure is as the sun after a shower.

- Goethe



**National Center for Education in Maternal and Child Health:** Search past issues of the MCH

Alert, and other MCH Library resources, at <http://www.mchlibrary.info/databases/search.lasso>



GRANTS.GOV

On December 9, 2003, a new federal website, **Grants.gov**, was launched. The site contains information for anyone interested in finding and/or applying for federal grants. This new site should simplify and streamline the process for health care providers to learn about and apply for various types of federal grants. To visit the Grants.gov Website, go to: <http://www.grants.gov/>



**To: Kansans Interested in Oral Health:** United Methodist Health Ministry Fund is

requesting proposals to improve oral health in our state. Our trustees hope to invest \$1 million in new oral health projects submitted under this RFP during 2004. Please share this information with anyone in your organization, community or field of work who you think would be interested. If you have any questions, please contact Virginia Elliott or me. The RFP may be found at: <http://www.healthfund.org/oralhealth/htkrfp04.htm>



March of Dimes  
Saving babies, together

**The Pregnancy & Newborn Health**

**Information Center** at the March of Dimes is pleased to present the 6<sup>th</sup> edition of the award-winning *mama* magazine. Since it's inception in 1998, *mama* has increased in popularity. It now reaches tens of thousands of women each year. For a limited time, you can purchase *mama* magazine for 20% off the catalog price! That is only \$1.80 per copy. As an added benefit, all orders of \$100 or more will receive a free package of the March of Dimes Know the Signs of Preterm Labor. To learn more about bulk pricing, how your company can co-brand *mama* or to order, call Carolyn Werner at (914) 997-4558.



Information for the **FY 2004 Nursing Education Loan Repayment Program (NELRP)**

cycle is now available. The program offers registered nurses assistance to repay their educational loans in exchange for service to the underserved in certain healthcare facilities for a 2 year period. NELRP will pay 60% of the participant's total qualifying loan balance for a 2-year commitment. Some participants have the opportunity to work a third year for which the NELRP will pay an additional 25% of the loan balance. The application cycle will close on February 25, 2004. For more information go to: <http://www.bhpr.hrsa.gov/nursing/loanrepay.htm>

**Grants to Evaluate Effectiveness of Health Information Technology on Patient Quality and Safety:** The Agency for Healthcare Research and Quality announces the availability of a Request for Applications (RFA) on Implementation grants to evaluate the effects of health information technology (HIT) on improving patient safety and quality of health care. <http://www.healthinschools.org/grants/ops095.asp>



**Initial Orientation to KBH Health Screening for Registered Nurses:** Friday, March 12, 2004 8:30-12:00 PM, KUCDD/Media

Studio - 2601 Gabriel, Parsons, Ks. 67357 (Near Parsons State Hospital) - Cost \$50.00. Contact Hours - 4. Register through Washburn University <http://www.washburn.edu/ce/kbh/training/> or call: (785)231-1010 ext 1615 ask for Mary Kopp, RN, MN, KBH Nurse Training Coordinator.

**Developmental Tools: Matching Screening Tools to Practice**

(Not Mandatory for KBH training) - Friday, March 12, 2004 1:30-4:30 PM KUCDD/Media Studio - 2601 Gabriel, Parsons, Ks. 67357 (Near Parsons State Hospital). Cost: \$40.00 Contact Hours - 3 (Separate Registration required) Register through Washburn University <http://www.washburn.edu/ce/kbh/training/> or call: (785)231-1010 ext 1615 ask for Mary Kopp, RN, MN, KBH Nurse Training Coordinator.



**American Lung Association of Kansas Lung Disease Conference -**

Thursday, March 4, 2004 at Overland Park Convention Center: Keynote: *Preventing Recurrent Exacerbations of Asthma and Asthma & Obesity* Carlos Camargo, MD, Assistant Professor of Medicine, Harvard Medical School. Plus presentations about: Pulmonary Hypertension, ABCs of Pulmonary Function Tests, Occupational Health Hazards, How to establish a pulmonary department in a small hospital, Drug Related Pulmonary Disease, Emerging Viral Pathogens in Kansas: Infection to ARDS to Hantavirus, and more. Registration is: \$100 for physicians, \$75.00 for other healthcare professionals. For more information or to register, contact: Lynne Crabtree, American Lung Association of Kansas 800-586-4872 Ext. 101 or [lcrabtree@kslung.org](mailto:lcrabtree@kslung.org)



**"Children First" Child Advocacy Day - Tuesday, March 9, 2004 -**

Maner Conference Center - Topeka, Ks. Easy online registration at: <http://www.kac.org>



**"Frontiers of Knowledge in Sleep and Sleep Disorders: Opportunities for Improving Health and Quality of Life."** March

29-30, 2004, Natcher Conference Center Bethesda, MD. The key focus for the conference will be: "How can current knowledge about sleep and sleep disorders be translated into cost-effective strategies for:

1. Improving individual knowledge, attitudes and sleep-related behaviors
2. Improving rates of diagnosis and treatment of sleep disorders
3. Reducing health care costs due to untreated sleep disorders
4. Improving public health and quality of life?"

You can play a critical role in developing the innovative and interactive final action plan by attending this high profile conference. For more info or to register for this free conference go to: <http://www.sleeptranslation.com/Registration.asp>